

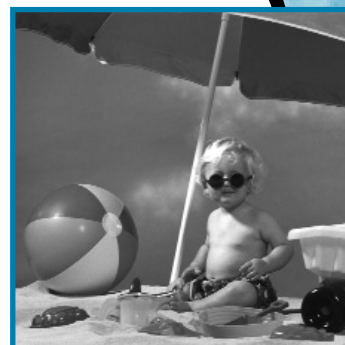
Saint Paul Parks and Recreation

Guide to Swimming Facilities

Welcome to the Saint Paul swimming program! Let the summer season begin.

During the summer, the City of Saint Paul operates Phalen Beach, Como Pool, Highland Pool, and Oxford Pool. Inside our brochure, you'll find information on summer swim programs, including **swimming lessons, open swimming and our canoe camp.**

Our summer season kicks into gear **June 15th and ends August 28th.**



We've organized our brochure to make it easier for you to find the information you need. You'll find calendars for each of our swimming facilities so you can check dates times for your favorite programs. Keep our brochure in a convenient place for at-a-glance information.

On-line Registration: Fast and Convenient at: <http://www.ci.stpaul.mn.us/depts/parks>

Try our online registration system. It's easy, quick and convenient. Use it to:

- Register for swimming lessons
- Sign up for the competitive developmental swim team
- Change your lesson registration if needed
- Register for Lake Phalen Outdoor Adventure Camp

Note: The pools and beach may close early due to inclement weather or poor pool conditions.

Access the web site from your home computer or use one of the available computers at your local public library. The web site contains clear, step-by-step instructions. You can still register by mail or on-site, but we urge you to try our new and improved system.

St. Paul is now offering a competitive swim program at Oxford Pool, check out details in the Swim Team section.

Complimentary Swim Days

The City of Saint Paul invites you to swim at no charge at all of our pool facilities on these Saturdays: June 18, July 16, and August 13.

Admission Fees

Schedule for Open Swim, Lap Swim, Water Aerobics and Family Night sessions:

Children (17 and under)	\$2.50
Adults	\$4.00
10-Swim Pass/Punch Card (also available on-line):	
Children (17 and under)	\$22.50
Adults	\$32.50
Family Night (Mondays 6:30pm)	\$8.00 per family
Phalen Beach	Free

**** Sorry, no Refunds****

Pool Rental- GREAT FOR BIRTHDAY PARTIES, FAMILY GATHERINGS, CHURCH EVENTS AND MORE!

In addition to our standard programs, Como, Oxford and Highland pools are available for private rentals. Contact the desired pool directly for more information.

The beach opens weekends only May 28, 29, and 30 and June 4 and 5. Both the beach and pools are open for the season Wednesday, June 15 through August 28.

Did you Know?

- Admissions fees are required for anyone entering the pools.
- Children that are not toilet trained must wear plastic pants under their bathing suits or swim diapers (waterproof little swimmers), which may be purchased at the pools.
- Our lifeguards are highly trained and qualified. Please adhere to their instructions at all times.
- Floatation devices are allowed in our wading pools if approved by the lifeguard.
- Properly fitting, U.S. Coast Guard approved life jackets are allowed at all pools and Phalen Beach (in shallow water only). Children must be accompanied by an adult at all times.
- Lockers are available at Highland and Oxford pools. Bring your own lock and please leave valuables at home.

Oxford Pool

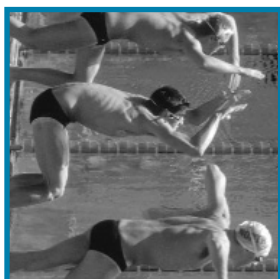
Lexington Parkway and
Iglehart Avenue
(651)647-9925
June 15 – August 20

Indoor pool with one meter
board and slide, wading pool,
sauna and snacks.

*The wading pool is also open during
evening lap swim. Children must be
accompanied by an adult.

Oxford Pool

M	T	W	Th	F	Sat	Sun
Lap Swim* 6:30-9:00am						
	Water Aerobics 9:00am- 10:00am		Water Aerobics 9:00am- 10:00am			
Swim Team 10:00am- 12:00 noon	Lessons, Sessions 6,7 10:00am- 12:00 noon	Swim Team 10:00am- 12:00 noon	Lessons, Sessions 6,7 10:00am- 12:00 noon	Swim Team 10:00am- 12:00 noon		
Swim Lessons: Sessions 1,2,3,4 12:00 noon-1:00pm Start on the hour, 50 minutes per session				Lesson makeup (if needed)		
					Lap Swim 12:00 noon-1:00pm	
Open Swim 1:00pm-5:00pm						
Lap Swim* 5:00-6:20pm	Lap Swim* 5:00-6:00pm	Lap Swim* 5:00-6:20pm				
Open Swim and Family Night 6:30-8:00pm	Lessons, Session 10 6:00-8:00pm	Open Swim 6:30-8:00pm				



Oxford Pool Swim Lesson Sessions and Times

Daytime classes, Sessions 1, 2, 3, 4 (includes Fin Buddies):

12:00 noon to 12:50am (Monday - Thursday)

Sessions 6,7

10:00am to 10:50am • 11:00am to 11:50am (Tuesday & Thursday) • **Fin Buddies: 10:00am to 10:50am, 11:00am to 11:50am**

Evening classes, Session 10

6:00pm to 6:50pm • 7:00pm to 7:50pm

Junior Lifeguarding, Sessions 1 and 3

9:00am to 9:50pm

Swim Team

10:00am - 12:00 noon (Mon., Wed. and Fri.)

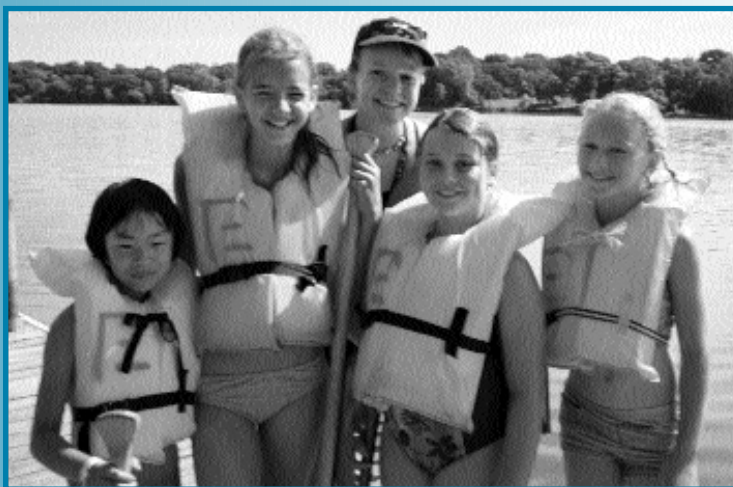
Daytime coached practice; **Sessions A,B,C.**

Don't Forget!

The City of St. Paul pools can be rented for private parties. Contact the desired pool (Oxford, Highland or Como) for details.

Equal Opportunity is for Everyone. This program receives Federal funds from the U.S. Department of the Interior. Accordingly, all of its public programs and activities must be operated free from discrimination, on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against or who would like further information regarding the prohibition of discrimination should write to:

Director, Equal Opportunity Program
National Park Service
P.O. Box 17127
Washington, D.C. 20013-7127



**SEE BACK PAGE FOR INFORMATION ON
PHALEN BEACH & PHALEN LAKESIDE CENTER**

Como Pool

Como Avenue and
Lexington Parkway
(651)489-2811

June 15-August 28

Outdoor pool with diving well,
wading pool, rain tree and
concessions.

*The wading pool is also open during
evening lap swim. Children must be
accompanied by an adult.



Como Pool

M	T	W	Th	F	Sat	Sun
Lap Swim 7:30am-9:00am						
Swim Lessons: Sessions 1,2,3,4,5 9:00am-1:00pm Start on the hour, 50 minutes per session				Lesson makeup (if needed)	Water Aerobics 12:00 noon- 1:00pm	
Open Swim 1:00pm to 5:00pm						
	Water Aerobics 5:00- 6:00pm		Water Aerobics 5:00- 6:00pm			
Lap Swim* 5:00pm to 6:20pm						
Open Swim and Family Night 6:30pm-8:00pm	Swim Lessons, Sessions 8,9 6:30pm-8:15pm	Open Swim 6:30pm- 8:00pm	Swim Lessons, Sessions 8,9 6:30pm-8:15pm	Open Swim 6:30pm- 8:00pm		

Como Pool Swim Lesson Sessions and Times

Daytime classes, Sessions 1, 2, 3, 4, 5:

9:00am to 9:50am • 10:00am to 10:50am • 11:00am to
11:50am • 12:00 noon to 12:50am

Fin Buddies, Session 2 and 4

11:00am to 11:50am • 12:00 noon to 12:50am

Evening classes, Sessions 8 and 9

6:30pm to 7:20pm • 7:25pm to 8:15pm

Junior Lifeguarding, Sessions 1 and 3

9:00am to 9:50am



Other Events

Hmong Sports Festival:
July 1, 2 and 3

M	T	W	Th	F	Sat	Sun
Swim Lessons: Sessions 1,2,3,4,5 9:00am-1:00pm Start on the hour, 50 minutes per session				Lesson makeup (if needed)		
Water Aerobics 10:00am-11:00am						
Beginning Springboard Diving Sessions 1,2,3,4,5 10:00am-12:00 noon (Start on the hour, 50 minutes per session)						
					Water Aerobics 12:00 noon- 1:00pm	
Open Swim 1:00 to 5:00pm						
Lap Swim* 5:00pm- 6:20pm	Water Aerobics 5:00pm-6:00pm Lap Swim* 5:00pm-6:20pm	Lap Swim* 5:00pm- 6:20pm	Water Aerobics 5:00-6:00pm Lap Swim* 5:00pm-6:20pm	Lap Swim* 5:00pm-6:20pm		
Open Swim and Family Night 6:30pm-8:00pm	Open Swim 6:30pm- 8:00pm	Open Swim 6:30pm- 8:00pm	Open Swim 6:30pm- 8:00pm	Open Swim 6:30pm- 8:00pm		

Highland Pool Swim Lesson Sessions and Times

Daytime classes, Sessions 1, 2, 3, 4, 5:

9:00am to 9:50am • 10:00am to 10:50am • 11:00am to 11:50am • 12:00 noon to 12:50am

Fin Buddies, Session 1 and 3

11:00am to 11:50am • 12:00 noon to 12:50am

Beginning Springboard Diving, Sessions 1, 2, 3, 4, 5

10:00am to 10:50am • 11:00am to 11:50am • 12:00 noon to 12:50am

Junior Lifeguarding, Sessions 1 and 3

9:00am to 9:50am

Highland Pool

Montreal Avenue and
Edgumbe Road
(651)695-3773

June 15 – August 28

Outdoor pool with wading pool,
diving well and concessions.

*The wading pool is also open during
evening lap swim. Children must be
accompanied by an adult.



Saint Paul Swim Classic Swim Meet

Highland Pool will close July 8th at 6:30pm, and all
day on July 9th and July 10th. For information on
competitive swimming, call STAR Swim Club at
(651)704-0024.

Swim Lesson Registration

Register early! Lessons fill up fast!

Before you register, please refer to Skill Level Description and Pool Calendars, then follow the instructions on the enclosed Registration form.

To register, please follow these easy steps:

1. Locate the desired class from the skill level page.
2. Turn to the desired pool and check calendar for session number and time.
3. If registering by mail, complete and send enclosed registration form. If registering on-site, bring completed registration form. If registering via email, visit:

<http://www.ci.stpaul.mn.us/depts/parks>

4. Make sure your method of registration method meets our session deadline, noted on this page.

Session	Session Location	Session Dates	REGISTRATION DEADLINES	
			Email OR Mail-in deadline	On-site Registration
1	Como Highland Oxford	Jun 20 – Jun 30, Monday through Thursday (only at 12:00 noon for Oxford)	May 27	June 16 10:00am-12:00 noon
2	Como Highland Oxford	July 5 – July 15, Tuesday through Thursday Week 1, Monday through Friday Week 2 (only at 12:00 noon for Oxford)	June 17	June 28 10:00am-12:00 noon
3	Como Highland Oxford	July 18 – July 28, Monday through Thursday (only at 12:00 noon for Oxford)	July 1	July 12 10:00am-12:00 noon
4	Como Highland Oxford	Aug. 1 – Aug 11, Monday through Thursday (only at 12:00 noon for Oxford)	July 15	July 26 10:00am-12:00 noon
5	Como Highland	Aug 15 – Aug 25, Monday through Thursday	July 29	Aug 9 10:00am-12:00 noon
6	Oxford (am session)	June 21 – July 14, Tuesdays and Thursdays	May 27	June 16
8	Como (pm session)			Oxford 10:00am-12:00 noon Como 5:00pm-6:00pm
7	Oxford (am session)	July 19 – Aug 11, Tuesdays and Thursdays	July 1	July 12
9	Como (pm session)			Oxford 10:00am-12:00 noon Como 5:00pm-6:00pm
10	Oxford	June 21 – Aug 9, Tuesdays	May 27	June 16 10:00am-12:00 noon
A	Oxford	June 15 – June 29, Mon, Wed, Fri	May 27	June 16 10:00am-12:00 noon
B	Oxford	July 1 – July 29, Mon, Wed, Fri No session on July 4	June 17	June 28 10:00am-12:00 noon
C	Oxford	Aug 1 – Aug 19, Mon, Wed, Fri	July 15	July 26 10:00am-12:00 noon

Note: If there are not enough students per class, the site manager may reschedule and will notify participants of class changes.



Lesson Fees

To register online, go to our web site (follow instruction once there):

<http://www.ci.stpaul.mn.us/depts/parks>

Lesson Fee - On-line or Mail-in Registration

St. Paul Residents	\$50
Non-residents	\$55

Lesson Fee - On-site Registration

St. Paul Residents	\$55
Non-residents	\$60
Private Lessons (1/2 hr, any age)	\$30

Junior Lifeguard Registration Fees

Session 1 or 3	St. Paul Residents	FREE*
	Non-residents	\$55

*In exchange for 20 volunteer hours at Como, Oxford or Highland pools.

Swim Team Online Registration Fees

Session A	St. Paul Residents	\$25
	Non-residents	\$35
Session B	St. Paul Residents	\$42
	Non-residents	\$52
Session C	St. Paul Residents	\$32
	Non-residents	\$42

If you wish to register through the mail, complete and detach the registration form included in this brochure. Mail registration must be postmarked TWO WEEKS in advance of the first day of classes. Payment must accompany registration. If paying by check, make checks payable to:

City of St. Paul

Swim Team

The City of Saint Paul is starting a new introductory competitive swim program at Oxford pool, geared to swimmers ages 7 to 18 years.

The program has a dual purpose:

- A chance for younger children to learn more about competitive swimming
- Act as a stepping-stone into competitive school swim teams and/or to maintain skills during the off season

We believe that this program is an excellent introduction to competitive swimming. Our program will be coached and managed by STAR Swim Club, a local competitive swim club with a national reputation for producing Olympic-caliber swimmers.

The Swim Team program is new to City of Saint Paul and is being offered at a special introductory rate. The program gives more experienced swimmers more opportunities to develop their skills in a structured but fun environment.



Swim Lesson Information

Minnesota is the land of 10,000 lakes, and that means knowing how to be safe in and around the water is essential. With qualified instructors, our swimming lessons are fun and teach participants how to safely swim at all skill levels. Participants in our lessons are grouped by ability. Please see the Skill Level Descriptions.

- Unless otherwise noted, lessons start on the hour and last 50 minutes.
- There are 8 classes per session. In the event of inclement weather, make-up days will be held if necessary. You'll be notified of the change.
- Children with disabilities are encouraged to participate in our lesson program. Call the Adaptive Recreation Office (651) 266-6451 – TTY (651)266-6378. Please contact us two weeks prior to mail-in deadline for the session.
- Private Lessons – Como, Oxford, and Highland Pools offer individual or group private lessons. Contact the pool for more information.
- Beginning Springboard Diving Classes Highland Pool only (classes start at 10 am, 11am and 12:00 noon)

Skill Level Descriptions



Fin Buddies (6 months-3 years)

An adult must accompany the child. Adults and instructors work together to develop the child's comfort in the water. Adults learn basic safety practices for working with children in and around water. Adults and children will learn water adjustment and basic skills.

Jellyfish – Water Exploration (Ages 3 to 5)

Offers swimmers the first opportunity to learn basic water exploration skills without a parent. Swimmers will learn:

- To feel comfortable in the water and enjoy the water
- Supported float on the front
- Supported kicking on the back
- Basic water safety skills
- Water adjustment
- Supported float on the back
- Fully submerge face for 3 seconds



Skill Level Descriptions (cont.)

Sunfish – Primary Skills

The objective is to give swimmers success with fundamental skills. Swimmers must be comfortable in the water without a parent and have completed Level 1 or have equivalent skills. Swimmers will learn:

- To retrieve objects under water
- Float and glide on the front
- Float and glide on the back
- Deep water orientation with support
- Combined stroke on front using kick and alternating arm action, 5 yards
- Combined stroke on back using kick and arm movement, 5 yards

Moonfish - Advanced Primary Skills

Give swimmers more success with fundamental skills from Sunfish level above.

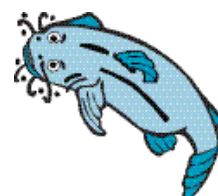
- rhythmic breathing skills
- Deep water orientation



Catfish – Stroke Readiness

Builds on skills by coordinating strokes and increasing endurance. Swimmers must have completed Level 2 or have equivalent skills. Swimmers will learn:

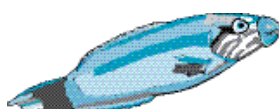
- Coordinate front crawl, 10 yards
- Elementary backstroke introduced
- Treading water
- Coordinate back crawl, 10 yards
- Elementary backstroke kick, 10 yards



Parrotfish – Stroke Development

Develops endurance in strokes learned and introduces the breaststroke and sidestroke. Swimmers must have completed Level 3 or have equivalent skills. Swimmers will learn:

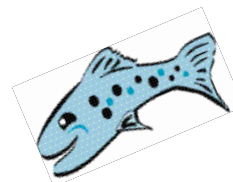
- Elementary backstroke, 10 yards
- Breaststroke kick, 10 yards
- Breaststroke introduction
- Treading water, 2 minutes
- Front crawl, 25 yards
- Scissors kick, 10 yards
- Sidestroke introduction
- Standing front dive



Rainbow Trout – Stroke Refinement

Refines coordination and increases endurance of key strokes. Butterfly is introduced. Swimmers must have completed Level 4 or have equivalent skills. Swimmers will learn:

- Breaststroke, 10 yards
- Sidestroke, 10 yards
- Butterfly introduced
- Elementary backstroke, 25 yards
- Back crawl, 50 yards



Tigerfish – Skill Proficiency

Polish strokes so swimmers swim them with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn:

- Sidestroke, 25 yards
- Breaststroke for 50 yards
- Beginning high board diving
- Back crawl, 100 yards
- Front crawl, 100 yards



Beginning Springboard Diving (must have at least LEVEL 4 swimming skills)

Divers will learn:

- Safety on the diving board
- Basic front dive
- Basic back dive
- Some tucks and flips, depending upon ability

Swim Team (ages 7-18)

Experienced swimmers. Low-key competitive swim program:

- Offers a time for younger children to learn about competitive swimming
- Acts as stepping-stone into competitive school swim teams
- Helps to maintain skills during the off-season

Junior Lifeguard Program (ages 10-15)

Promotes water safety and junior lifeguarding. Participants will learn:

- To enforce pool/beach rules and regulations
- Use of safety equipment
- Emergency action plans
- Facility cleanliness and operation



Phalen Beach

Located in Phalen Park, north of Wheelock Pkwy.
(651) 776-9833

- Open Daily June 15 until August 28 (12 noon to 7:30pm)
- Open pre-season on the following weekends:
May 28-30, June 4-5, and June 11-12. (12 noon to 7:30pm)
- Beach, sand volleyball court and concessions.



Phalen Lakeside Center

Located in Phalen Park, north of Wheelock Pkwy.
(651) 771-7507

Boat Rental Hours

Weekdays: 10:00 am - 6:30 pm • Weekends: 11:00 am - 5:30 pm

- Canoe, paddle boat, sailboat and fishing boat rentals available
- Group rental rates available. Please call in advance for information and reservations (651)771-7507
- Open for Boat Rentals Daily June 15 until August 28
- Open preseason for Boat Rentals weekends only
May 28-30, June 4-5, and June 11-12.



Lake Phalen Special Programs

Children's Lake Phalen Outdoor Adventure Day Camp (Ages: 8 -14)

Participants in this enjoyable program learn boating safety and on-water canoeing and kayaking techniques with recreational activities including paddleboating, swimming at Phalen Beach, sail boards, sailing and archery. In the event of inclement weather, indoor and outdoor recreational games and movies are provided. Come join us for lots of fun. Daily instruction and supervision is provided by the Saint Paul Division of Parks and Recreation camp staff. Life guards are on duty daily at the beach.

Location

Most activities for the Canoe Day Camp will take place at the Phalen Lakeside Activities Center located at 1530 Phalen Drive in Phalen Park.

Directions

Phalen Park is located northeast of downtown Saint Paul (from I-35E, take the Wheelock Parkway exit east to Phalen Drive).

Before and After Camp Care

A child monitoring program is available for early arrivals and late pick-ups. This service is available daily at 8-9am and 3-6pm for a fee of \$4.00 per hour. Call (651)266-6400 for more information.

Sessions

Session 1. June 20 through June 24
Session 2. June 27 through July 1
Session 3. July 11 through July 15

Session 4. July 18 through July 22
Session 5. July 25 through July 29
Session 6. August 1 through August 5

Session 7. August 8 through August 12
Session 8. August 15 through August 19

Registration

Please register early! Camp space is limited. Registration is first-come, first served until all camp spaces are filled.

To register online, go to our web site: <http://www.ci.stpaul.mn.us/depts/parks>

Follow the instructions on the web site. On-site registration will be taken up to the date a session begins, space permitting.

Time: 9:00am-3:00pm Monday through Friday.

Fee: (St. Paul residents) **\$110** (Non-residents) **\$125**

Parents will receive notification confirming their child's registration.



2005

Summer Swim Schedule



Phalen Outdoor Adventure Day Camp



Phalen Beach • Como Pool • Highland Pool • Oxford Pool • Phalen Lakeside
www.ci.stpaul.mn.us/depts/parks



Saint Paul Parks and Recreation

City of Saint Paul
Division of Parks and Recreation
25 West Fourth Street – 300 CHA
Saint Paul, MN 55102
Randy Kelly, Mayor

***Our lifeguards received the Silver National Aquatic Safety Award
which exceeds the Jeff Ellis and Associates Inc (international aquatic
safety consultants firm) criteria for aquatic safety certification***

PostScript Picture
(Swimming A. av. ens)

PostScript Picture
CAPRA ens

PostScript Picture
St Paul Road Sign, av. ens